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FLUFFS UP HOTEL'S REPUTATION PAGE 3

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Thursday, August 9, 2012



THE SUN HAS COME OUT FOR RAINBOW

It's not such a hard-knock life for actors Zoe Adam and Kevin Aichele, who play Annie and Daddy Warbucks during Rainbow Stage's production of the Depression-era musical, which runs from Aug. 9-31. The show is directed by Donna Fletcher and features choreography by Kimberley Rampersad. See a Q&A with Zoe on page 4.

BERNICE PONTANILLA/METRO



AUDITIONS for the Academy of Acting's 9-Month Diploma Program, starting September 2012
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Landfill to be searched for body of slain woman

Brady Road landfill.
Police say excavation of search area will begin 'as soon as possible'

LAUREN PARSONS
winnipeg@metronews.ca

Winnipeg Police are preparing to undertake what is being called the 'biggest search of its kind' in hopes of finding the remains of Tanya Nepinak.

"We believe she is there, and we have a strong belief in that," said Winnipeg Police Chief Keith McCaskill Wednesday afternoon. "We believe there's a possibility to recover remains, other-

wise we wouldn't be doing this."

After receiving reports from the FBI, RCMP and archaeologists, police are preparing a 100m by 20m area of the Brady Road landfill to be searched. The preparation includes an 8-metre deep excavation of the search area — something McCaskill said will probably take more than a month to complete.

"You're talking about a dozen, two dozen trucks that need to be hauled consistently," he said.

The search team could potentially be made up of up to 250 people who will go through the refuse by hand after it has been removed from the search area.

"We want success here, but we don't want injuries

— we have to do it right," he said.

The cost for the search is undetermined, but the excavation could potentially cost up to half a million dollars.

"It's not about money," said McCaskill. "The most important thing in my view, is to bring some closure to the family."

Shawn Cameron Lamb was arrested in June and charged with the murders of Nepinak, Carolyn Sinclair and Lorna Blacksmith.

Police believe Nepinak's body was put in a dumpster and then taken to the Brady Road landfill.



Speed 2

- Watch Usain Bolt's cruise control as he races to defend his 200m title: 2:55 p.m. on CTV
- Canada's mascot @cdnolympicmoose has his hearing back! Visit metronews.ca for the deets



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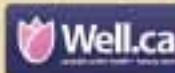


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Bilingualism watchdog

Undercover language police coming to Winnipeg airport

Canada's bilingualism watchdog is going undercover at eight major airports to see if travellers are served equally well in English and French.

Official Languages Commissioner Graham Fraser says his office will conduct more than 1,500 anonymous observations this fall at airports in Halifax, Quebec City, Montreal, Ottawa, Toronto, Winnipeg, Edmonton and Vancouver.

He says audits of some of those airports have been done in the past, but this will be the first time so many are done at once. "I've been interested in the language rights of the travelling public really throughout my mandate," Fraser said Wednesday.

"So at different times, we've been looking at different aspects of what the traveller's experience is. We've looked at border services, we've done an audit of Air Canada's service to the public, and now we're looking at airports."

All airports that serve more than one million passengers a year must provide services in both English and French.

The commissioner will check if signs are in both official languages, if staff offer a bilingual greeting to travellers and if services are available in French in predominantly English-speaking parts of the country and in English in French-speaking parts.

Past audits have resulted in airports becoming more bilingual, Fraser said, pointing to airport bookstores adding French titles to their shelves, or tuning television sets by the baggage carousels to channels in both languages.

THE CANADIAN PRESS

Byelection. Bob Axworthy to run for Grits in Fort Whyte

Bob Axworthy said Fort Whyte needs to open its mind to a different kind of politician, during a formal candidacy introduction Wednesday morning.

"I know it might sound a bit idealistic — and I hope to stand to my ideals — I want to stand up for the people of Fort Whyte," said Axworthy.

The younger brother of Lloyd and Tom Axworthy will be running against Manitoba Progressive Conservative Leader Brian Pallister in the Fort Whyte by-election on Sept. 4, the riding of former PC leader Hugh McFadyen.

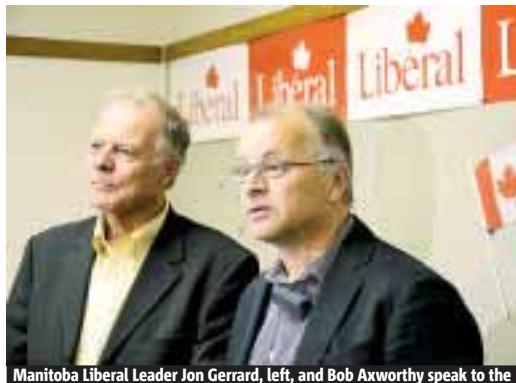
"I have lived in Fort Whyte for 13 years ... I know the

issues," said Axworthy, who said his primary concerns and focus for the riding are infrastructure, recreation, busy streets, and daycares.

Axworthy criticized Pallister for not living in the Fort Whyte riding.

Dr. Jon Gerrard will be stepping down from his position as leader of the Manitoba Liberal Party before the next provincial election. Axworthy made no direct comment on whether or not he would run for leadership.

"I'm interested in representing the people of Fort Whyte today, and on Sept. 4," he said. LAUREN PARSONS/FOR METRO



Manitoba Liberal Leader Jon Gerrard, left, and Bob Axworthy speak to the media Wednesday. LAUREN PARSONS/METRO WINNIPEG

Fairmont Winnipeg is holding down the fort

A different kind of pillow talk. A grown man asks hotel staff to build him a fort ... the rest is online viral history



ELISHA
DACEY

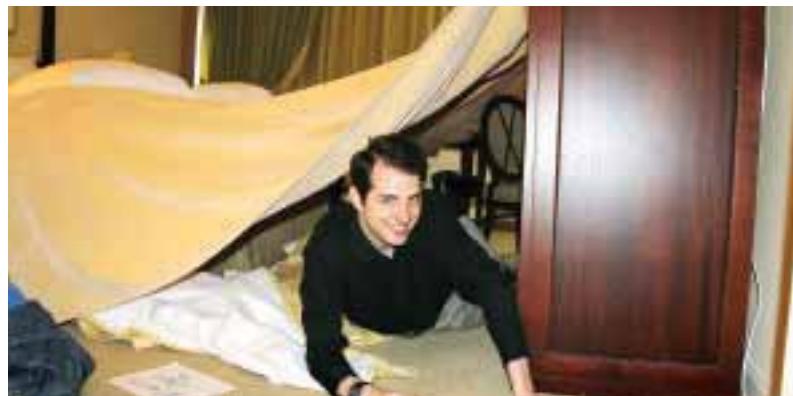
elisha.dacey@metronews.ca

Going along with a guest's cheeky sense of humour just might have netted a Winnipeg hotel a giant PR boost.

As of 11:30 a.m. local time on Wednesday, more than 160,000 people had viewed a series of photos uploaded by a guest at the Fairmont Hotel in Winnipeg only 14 hours earlier.

The guest, identified on photo-sharing site Imgur as InGordWeTrust, said that when he booked the room he asked for a pre-made pillow fort and two vanilla cokes under the "special requirements" section.

Staff at the hotel provided him with instructions on how to build a fort, several extra pillows and blankets, a basket of free goodies and a coupon good



Gordon Relph in his pillow fort at the Fairmont Hotel in Winnipeg. Relph wouldn't let Metro's female photographer inside, citing the "No girls allowed" rule. BERNICE PONTANILLA/METRO

for two of the requested drinks, made from scratch by the hotel staff.

The man, Gordon Relph, documented the gesture by uploading several pictures, including two pictures of himself with a smile on his face and photos of the fort he constructed.

It quickly spread.

"We've got a remarkable team here at the hotel," said

Jacques Laverene, spokesperson for the Fairmont Winnipeg.

"Oddly enough, this isn't a one-off. We deal with an interesting mix of clientele here and we get some pretty off-the-wall requests. It's part of the culture here at the hotel."

Relph, 26, said he was taken aback by the attention.

"Obviously I never thought

it would take off like this," said Relph from an office in Winnipeg, where he's in town on business until Friday.

The Kelowna-born Calgarian said he'd never before made this kind of request from a hotel and that he was surprised when staff complied. "I thought, well, let's just do it."

He said he used the fort and even slept on the floor all night.

1
NEWS

Mobile news



Remember Obama Girl? Meet Romney Girl, the sexy fictional character whose eponymous song lambastes the Republican candidate's wealth and overseas tax shelters. Scan the code to watch the video.

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North End Community Helpers Network National Aboriginal Day Celebration

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Annie actress hopes to become scientist

Classic musical. Annie runs through Aug. 31 at Rainbow Stage



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

Taking the lead role in Annie is Zoe Adam, an actor-singer-dancer who would like to become a scientist — or a spy — one day. The nine-year-

old Transcona resident will be starting Grade 5 at Ecole Regent Park this fall.

Who is your favourite actress?

It'd be Selena Gomez and not Justin Bieber. She's awesome!

What's your favourite movie?

The 1982 version of Annie. I've had that movie since I was born so I've been watching it for a while.

How hard is it to perform onstage with the wig?

It's not very difficult in the first part, but at the Together At Last (dance scene) once, I had to try to keep my wig on because they couldn't find the pins for the wig. (She laughs.) It was very funny, but luckily it was just a dress rehearsal.

How did you find out you'd gotten the part?

I was on a field trip. After I came back from the field

trip and I was about to go home, my mom said, "Sorry, Rainbow Stage called you and you're not Annie," and I'm like "Aww." "No, you are Annie," and I'm like "Yeah!"

Did you do anything special to prepare for the role?

No, just be myself, 'cause I could see some of them (at the audition) were really dressed up and I'm like, "Oh, man, I'm wearing mismatched socks!"



Transcona's Zoe Adam is playing Annie at Rainbow Stage through Aug. 31.
BERNICE PONTANILLA/METRO



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SPORTS FAN HAS FIRST DIBS ON BON JOVI



ABOVE-AVERAGE JOE

Kerri Salki

Meet Andrea Thomson: She's got a smile that lights up a room! Andrea is a Fort Garry girl. Her two boys, Conner, 14, and James, 12, attend General Byng, the same school their mom did. A natural athlete, Andrea loves basketball, volleyball and hockey. Her favourite teams are the Celtics and the Jets. Her awesome personality brings happiness to patients at the medical clinic where she works.

Born: Winnipeg, but grew up in Fort Garry

Occupation: Medical assistant

Dream job: To get paid to shop!

Any siblings? I have a younger sister, Amber.

Favourite season: Late summer, early autumn

Favourite time of day: Mid-morning

Favourite food: Chinese or Mexican

Happiest day of your life: The day my boys were born

Star name: (pet + street): Sapphire Edderton.

Celebrity crush: Bon Jovi is my boyfriend, didn't I tell you?

Pet peeve: People who feel entitled

Just because they're not famous doesn't mean they're not a somebody. If you know an Above Average Joe who you think needs recognition, e-mail me at kerri.salki@102clearfm.rogers.com.

KERRI IS PART OF THE SHOW JAY AND KERRI IN THE MORNING ON 102.3CLEARFM.



Andrea Thomson: Definitely above average. KERRI SALKI/FOR METRO

Sikh temple massacre

Gunman shot himself: FBI

The gunman who killed six people at a Sikh temple in the U.S. died of a self-inflicted gunshot wound to the head after he was shot by police, the FBI announced Wednesday.

Authorities previously said an officer had fired the shot that killed gunman Wade Michael Page.

THE ASSOCIATED PRESS

Settlement

Troops trained by mercenary army

Canadian troops and police were trained for two years by the international security contractor formerly known as Blackwater, court records show. The partnership was revealed as part of a \$7.5-million settlement of criminal charges against the company that's now known as Academi LLC.

The Harper government has had a standing, unentered contract with the company, referred to as the world's largest mercenary army, since 2008.

THE CANADIAN PRESS

Does social media help stem anti-social misfits?

Controversy.

Psychologist believes someone's absence from sites such as Facebook could be a red flag

If you're a Facebook holdout, or have chosen to abandon the social-media hangout for any number of reasons, be prepared to be labelled a misfit — or worse.

The net has been abuzz this week about a story attributed to the German newsmagazine Der Tagesspiegel in which a psychologist concluded that the slim social-media presences of two accused killers, Norwegian Anders Breivik and Colorado-theatre-massacre suspect James Holmes, were suspicious.

With a global population of seven billion and about 955 million registered Face-



book users — technological and economic barriers notwithstanding — that's a scary proposition.

However, an immediate concern may be the weight placed on the social network by employers.

While the Maryland Department of Public Safety and Correctional Services have backed off earlier demands for the Facebook passwords of workers to check their profiles for troubling behaviour, it's still seen as a tool to vet potential employees.

"Anecdotally, I've heard both job seekers and employers wonder aloud about what it means if a job candidate doesn't have a Facebook account. Does it mean

they deactivated it because it was full of red flags? Are they hiding something?" asked a Forbes.com writer.

And the dating game tells a similar story.

Slate advice columnist Emily Yoffe told one woman: "I'm fine with people not having a Facebook page if they don't want one. However ... if you're of a certain age and you meet someone who you are about to go to bed with, and that person doesn't have a Facebook page, you may be getting a false name. It could be some kind of red flag."

For the digital generation, that kind of sentiment is understandable, said Queen's University media professor Sidneyeve Matrix.

"Facebook really is the way that you vet folks that you like, you cross paths and socialize with," she said. "There's a lot of common-sense wisdom there, because we do want to vet people."

TORSTAR NEWS SERVICE

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This image provided by KVVU-TV shows a billboard with a mannequin dangling from a hangman's noose near the Strip in Las Vegas.

PETER DAWSON/KVVU/THE ASSOCIATED PRESS

Vegas. Billboard startles drivers

Even by Las Vegas standards, it was a shocking billboard: a mannequin dangling on a hangman's noose below a black sign with the ominous words "Dying for Work."

The emergency service calls started coming in as the sun came up early Wednesday, with drivers worried the black-suited dummy swaying at the end of a rope was a real person.

The graphic display along the interstate was one of at least two unauthorized signs spotted Wednesday morning in the Las Vegas area. Another was white with black lettering that read, "Hope You're Happy Wall St.," and a similar mannequin hanging off the edge.

THE ASSOCIATED PRESS

SIGNALLING AN END TO CYCLISTS' CAMARADERIE



HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

I am a rogue of sorts. A self-loather, perhaps. A traitor to my own people.

I ride a bicycle, and I hate cyclists.

It's a moral quandary, to be sure. Since there's apparently a war between bikes and cars, I am a king without a country. I kickstand alone.

It's tough, but I have little choice in the matter. Experience has taught me that many cyclists do not know the rules of the road. In fact, I'm not confident that most cyclists know there are rules of the road.

This makes every bike ride I take an emotional roller-coaster.

Two directions

Cyclists fail to signal, dominate shared paths, run red lights, pass on the right of cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity.

cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity. Can you imagine if a car moved into a bike lane and honked at a cyclist to move? The Car vs. Bike War would go to DEFCON 1.

As history and J.J. Abrams have taught us, it's human instinct to hate The Others because you don't know their perspective and therefore assume the worst. But to me it makes more sense to hate The Sames because I'm well aware of their perspective and don't understand why they aren't as good as me.

I'm not a great cyclist by any means, but it isn't exactly a high bar to jump over. No BMX skills required.

And when confronted with their lack of skills or knowledge, most cyclists give one of two infuriating answers.

1. "The chances of me hurting anybody by breaking the rules are much less than if a car did it." This is equivalent to saying, "Yeah, I punch stuff randomly, but imagine if I had a baseball bat. That'd be crazy."

2. "Motorists wouldn't know what to do if I signalled properly and followed the rules anyway." At which point I have to get my helmet replaced because I've slammed my head repeatedly against a table.

It hurts me to say it, but I hate you, bad cyclists. I don't know where we took a wrong turn, but I'm sure you didn't signal it.

So our friendship must now come to a full stop. Then again, I guess you don't know what that is.



I know following the rules of the road is tough, but someone has to do it.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Record heat tough to shake off



THE IDAHO STATESMAN/DARIN OSWALD/THE ASSOCIATED PRESS

Hot hot heat

U.S. saw warmest July in more than 100 years

Teagan Rogers, 10, enjoys a splash of cool water at Borah Pool Tuesday in Boise, Idaho.

This probably comes as no surprise: U.S. scientists say July was the hottest month ever recorded in the Lower 48 states, breaking a record set during the Dust Bowl of the 1930s. **THE ASSOCIATED PRESS**

Global warming

"This would not have happened in the absence of human-caused climate change."

Michael Mann
Pennsylvania State University climate scientist

Dust Bowl record broken

- In the past, skeptics of global warming have pointed to the Dust Bowl to argue that recent heat isn't unprecedented.
- But climate scientist Jake Crouch, of the National Oceanic and Atmospheric Administration, said this shows that the current year "is out and beyond those Dust Bowl years. We're rivalling and beating them consistently from month to month."

Average temperature

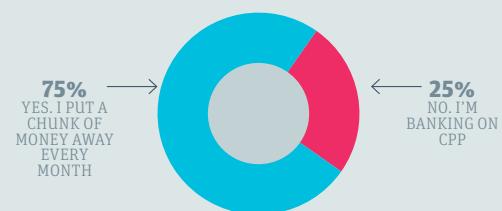
25 C

The average temperature last month was 25 C. That breaks the old record from July 1936, according to the National Oceanic and Atmospheric Administration. Records go back to 1895.



Register at metropolitanpanel.ca and take the quick poll

Are you saving for retirement?



Twitter

@bbkCLB: Had a lot of flash backs of Winnipeg today, was truly amazing to see so much snow once again _

@jimmyfairplay:

Before you call the fire department, ask yourself: when was the last time you saw a cat skeleton in a tree?

@M_Specs:

How small is Winnipeg? Saw @alexrasalan on his way to the dealership when I was on my way

to the dentist.

@CatsKillTheKing:

Good Morning #Winnipeg Tell your Special someone in your life that you Love them also hug them. Good Day.

@MsWelbergen:

Too many fantastic restaurants, not enough lunches in August, and definitely not enough cash to indulge in them all. #winnipeg @cawaiwinnipeg



Burlington, Ont., hardcore band Dead and Divine brings its farewell tour to Winnipeg this coming Wednesday at the West End Cultural Centre. COURTESY DANIEL BRAY

Fare thee well, Dead and Divine

Last chance. Hardcore band hits the 'Peg one last time; singer says they went as far as they could



BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Dead and Divine is calling it quits, but not without one last waltz.

Formed in 2003, the Burlington, Ont., hardcore band is in the midst of a cross-Canada farewell tour,

one that hits the West End Cultural Centre this coming Wednesday.

"There's a lot of different reasons, small and large, but what it really comes down to is we think we've taken Dead and Divine as far as it can go," says vocalist Matt Tobin, 24.

"We've accomplished a lot of great things in 10 years and we're super grateful for all the friends and fans we've made, but we don't see Dead and Divine growing anymore. We want to call it a day before we started dragging our name through the dirt."

The Distort Inc. recording artists leave behind five

releases, including their latest, 2011's *Antimacy*. While proud of Dead and Divine's artistic growth, Tobin says the band hit a stalemate when it comes to fanbase and financial gain.

"Touring is the best part of being in a band, just playing the music to kids, but it starts to take its toll when you're touring your butt off and you're not really seeing any growth," Tobin says.

"That or you're put on a tour where it's not working out, people are stressed and you're not making any money. To be clear though, it's never been about money. We do it for the love of music but we can't

get from point A to point B without gas in our tank."

For what Dead and Divine lacks in pesos and petro, it more than makes up for in memories.

Highlights include getting its first video (*Like Wolves*) on MuchMusic, touring Europe with Georgia metal band Norma Jean and working with producer Garth "GGGarth" Richardson, known for his work with Rage Against the Machine, The Melvins and The Jesus Lizard.

"If someone was to say that's not enough, well I'd think they were a complete a-hole," Tobin says. "That's more than anyone

Deets

- Tickets for Dead and Divine's final Winnipeg show are \$15 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster or \$20 at the door. MyChildren MyBride, Liferuiner and locals Silent Amber open. Showtime is 8 p.m.

On the web



Madonna dons ski mask in Moscow to show support for jailed punk band Pussy Riot

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Baby No. 4 for Hollywood power couple? Not if Garner can help it

Jennifer Garner and Ben Affleck recently welcomed their third child, son Samuel, and there's apparently some disagreement in their house about whether or not their family is complete. "The fact that Ben wants another is true," Garner tells Extra. "I can tell you that would be a

pretty uphill battle with me. I am not anticipating having any more kids." That makes sense, considering Garner's admission of how hectic baby No. 3 has made things. "It's absolute chaos," she says. "I really did not realize how much more work three was going to be than two."



Rupert Sanders. GETTY IMAGES

Pulling a Pattinson? Sanders' wife spotted without wedding ring

Rupert Sanders has some serious regrets about his admitted affair with his Snow White and the Huntsman star, Kristen Stewart — especially since his wife, Liberty Ross, has been spotted out and about in Los Angeles with their two children but without her wedding ring. "Rupert is

ing to do absolutely anything and everything he can to save his marriage. He realizes this is the worst mistake of his life, and he cannot believe he was so stupid," a source tells Radar Online. "The thought of losing his wife and children, who he loves more than anything in the world, is killing him."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



JLo: Oh, hell no!

THE WORD

Monica Weymouth
scene@metronews.ca

Hakob Manoukian, Jennifer Lopez's driver, recently filed a lawsuit against the singer, claiming that he was forced to resign after being publicly embarrassed by her manager.

But now, JLo has answered with a \$20 million-plus extortion countersuit, claiming Manoukian demanded money to keep her secrets from the press, reports TMZ.

We can't help but wonder: How much do you pay

your driver if you sue him for \$20 million? And does writing a gossip column disqualify you for the job?

Pattinson speaks!

Robert Pattinson has been lying low ever since girlfriend Kristen Stewart's very public affair with director Rupert Sanders.

That said, he has a movie to promote, so next week he'll make his first appearance on the only show too classy to provide material for this column.

Catch Pattinson Monday on The Daily Show with Jon Stewart, where he'll talk about his latest film, Cosmopolis, before getting harassed on Wednesday's Good Morning America.

Elton John trash-talks Madonna, but she isn't having any of it

Madonna has heard Elton John's expletive-filled criticism of her and her latest tour, and she isn't taking it lying down. "Ultimately, she doesn't care what he has to say about her in public or private. She has nothing to prove to anyone, especially Elton John," a source tells the Huffington Post. "To say her tour is a disaster is just silly. She is selling out arenas. (She's) singing new material and a few classic hits. (John) will be singing the same old songs until he dies."



Anne Hathaway as Catwoman. SUBMITTED

So what did Obama like best about the new Batman movie?

Barack Obama has seen the latest Batman movie, the Dark Knight Rises, and he knows which part he liked best: Anne Hathaway's Catwoman. "She's spectacular," Obama told reporters, according to Hollyscoop. "She was the best thing in it. That's just my personal opinion."

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Handling hot summer hair

Get the look. With temperatures soaring, it's the perfect time to sweep the mop off our sticky necks and up into a dreamy design

TINA CHADHA
Metro World News in New York

We're obsessed with the romantic braided crown that stylist and Redken Creative Consultant Guido Palau created for the Spring '12 Valentino show. We headed to Cutler/Redken Salons where stylist Jenny Balding gave us a step-by-step tutorial. Warning: You'll need some French braiding skills and patience. Or better yet, find a girlfriend who will come over and do it for you.

Tool of choice

- "Spray a dry shampoo — especially if you have fine hair — to your roots and mid length to add texture to your locks and for some more grip," says Balding.
- She likes Redken Powder Refresh (\$8, redken.com).



Behold the finished product! METRO WORLD NEWS



1. Divide your hair into three sections: the front, the crown and the back. The finer the hair the thicker the sections need to be.



2. French braid the crown, braiding towards the right ear, and tie with a rubber band.



3. Braid the front section. Start from your left ear and work your way across the forehead until you get to behind the right ear.



4. Once your front braid has reached the right side, connect it with the crown braid.



5. Braid them into the remaining hair. Make sure to braid right down to the very tip.
6. Wrap the braid going from the left to right around your crown and pin.
7. Use three pins on each side and one in the center to secure your braid.
8. As you go through, pull some pieces out at the root to make your braids chunkier.

3
TIE

On the Web



Artist Yayoi Kusama sees the world in dots, collaborates with Louis Vuitton

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Student style — on a budget



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

I will be renting a room for the upcoming school year and I'd like it to be bright and fun without breaking the bank. Any ideas?
Jenna Carter, via email

The secret to creating a well-pulled-together room on a budget is to keep all the colours of furniture and accessories consistent in style and colour. Your goal is not to have any one item stand alone to be recognized as a lesser expensive item. I suggest using some bright colours to give your room a personality all its own. Your wall colour and window treatment should match; Olympic Paints' Mountain Stream is a green-blue colour that will create a peaceful environment yet vibrant enough to act as a backdrop to more vibrant colour choice for the furnishings and accessories.

Mountain Stream C-57-3 from Olympic Paints,
Olympic.com. Neutralize and calm bold
accessories with a soft green/blue paint colour.



ODDA bed frame with drawers, \$179

Offers an elevated sleeping experience with deep drawer storage underneath. Designed by Inma Bermudez for Ikea.ca. Black and white.



Go Cart bright orange desk, \$169

Metal office worker rolls into place on 4 commercial wheels - 2 wheels that lock. CB2.com. Matching file drawer, \$189.



BAHIA office chair, \$120

Pneumatic height adjustment, tilt back and mesh ensures great comfort and colourful style. Structube.com.



**Paper Medallion duvet cover,
from \$79**

Geometrics and the season's hottest colours make for a fashionable dorm room. UrbanOutfitters.com



Pop-up hamper, \$10

Perfect for small spaces; folds for flat storage and opens in seconds. Holds up to two loads of laundry. BedBathAndBeyond.ca.



Blush table lamp, \$50

Add a splashy trend colour to your room. UrbanBarn.com.

Bug-off

Getting rid of pests the green way

What's the eco-friendliest way to get rid of ants in my house?
-Kent of Montreal



QUEEN
OF GREEN
Lindsay Coulter
green@metronews.ca

As a temporary fix, try diatomaceous earth. Say that three

times fast!

It said to be safer than using borax (sodium borate), especially if you have pets. Sprinkle a small amount of diatomaceous earth along cracks and baseboards, or above the cupboards. It's a naturally occurring fine glasslike powder made from crushed fossilized algae. It is so abrasive that it damages the protective outer shell of creepy crawlies. When that protective exoskeleton is pierced, insects dry up and die. Ask for it at your local garden or hardware store.

Warning: Carefully clean up diatomaceous earth with a damp rag instead of a vacuum

to prevent clogging the filter.

As with any problem, you'll need to identify the source. For example, carpenter ants love wet, rotting wood. When my home experienced an indoor ant invasion, it was due to the drain being clogged inside my refrigerator.

Unable to drain properly, the water slowly leaked out the door, onto the floor and underneath the fridge — rotting the wood underneath. After tipping our fridge on its back and using an air compressor to remove the clog, my home is now ant-free.

And for other natural and less toxic temporary solutions

for silverfish, fleas, moths or roaches in the home try these home remedies:

To repel silverfish, flies and moths, add a few drops of citronella essential oil and lavender essential oil on cloth strips along windows or inside cupboards.

Avoid using mothballs, which are made of toxic substances like naphthalene — a chemical associated with cancers. They're also dangerous to children because they look like candy.

Instead, store wool clothing and other garments with cedar blocks, cedar chips or in a cedar chest. Or, combine in



Citronella essential oil is one natural solution to getting rid of bugs in your home. ISTOCK IMAGES

a sachet two handfuls of dried lavender or rosemary herb with a tablespoon of dried clover and a tablespoon of dried

lemon peel. Then toss these bundles into drawers, closets and cupboards. It smells nice to us, but not to moths!

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Pork and Mushroom Sliders grab the summer eats spotlight

1. Heat oven to 400 F. Blend sour cream and mustard in small bowl; cover and refrigerate. Combine 2 tablespoons olive oil, 1 clove garlic and 1 teaspoon thyme leaves in mini chopper or finely chop garlic and blend mixture in bowl with fork, mashing garlic. Rub pork with garlic mixture; place in shallow baking pan and roast 25 minutes or until internal temperature is 160 F. Remove

Ingredients

- 1/4 cup sour cream
- 2 tbsp coarse ground mustard
- 1 lb pork tenderloin, trimmed
- 5 tbsp extra virgin olive oil
- 2 large cloves garlic, divided and minced
- 1 1/2 tsp dried thyme leaves
- 4 cups finely chopped shiitake mushrooms
- 1/2 cup chopped ripe olives
- 1/4 cup finely chopped shallots
- 12 small rolls, split (warmed, if desired)

Pork and Mushroom Sliders



This recipe makes 12 sliders. NEWS CANADA

from oven; let stand at least 10 minutes.

2. Meanwhile, heat remaining 3 tablespoons olive oil in large skillet over medium-high heat. Add 1 clove garlic; cook and stir

30 seconds or until fragrant but not browned. Add mushrooms, olives, shallots and remaining 1/2 teaspoon thyme leaves. Cook and stir for 5 minutes or until mushrooms are tender. Remove from heat; set aside.

3. Thinly slice tenderloin diagonally across grain. Spread each cut side of rolls with mustard mixture. Spoon half of mushroom mixture (about 2 tablespoons) on bottom of each roll. Top rolls evenly with sliced

pork and remaining mushroom mixture. Cover with top halves of rolls. Serve on coated sandwich wraps or bakery sheets if desired.

NEWS CANADA/INTERNATIONAL OLIVE COUNCIL

Cookbook of the Week

All hail The Book of Burger



Whether you're cooking for one or 100, Rachel Ray's The Book of Burger has you covered! Please 'em all with more than 200 recipes for burgers, sandwiches, hot dogs, fries, sliders, sloppies and more.

Start with Rach's Big Spicy Mac, tempting you from the book's cover, or go with the heavenly French Onion Dip Burger.

If beef isn't your thing, opt for bites such as Buffalo Turkey Burgers with Blue Cheese Dressing, Firecracker Deviled Corn Dogs, Italian BBQ Chicken Burgers, Lamb Burgers with Walnut and Feta Cheese Sauce, Bacon-Wrapped Potato Skins and more. METRO



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THE GENUINE ARTICLE

What do you do when you crave authentic Japanese food in the heart of Downtown Winnipeg? You find it.

For over two years now, the proprietors of Sushi Gen have been satisfying Winnipeger's tastes for sushi, tempura, and other delicious delicacies—all from an easy-to-find location at 500 Portage Avenue. Now they've added a second location, at 2425 Pembina Hwy. Both restaurants are dedicated to serving you fine cuisine, fast, and at a decent price.

At Sushi Gen, you can choose between à la carte dining and an all-you-can-eat buffet that features over 100 items. The buffet, open for both lunch and dinner, includes a variety soups and salads; tempura and teppanyaki dishes; sashimi, rolls, sushi, and sushi pizza; soft drinks and ice cream. You don't have to stop until you're full.

Sushi Gen's dine-in menu includes various lunch and dinner combos de-

signed to bring you the best taste at the best price. It is also where you'll find the restaurant's fine selection of beers and wines, including hot and cold sake. Everything you will eat at Sushi Gen is prepared from local ingredients.

The restaurant can also be booked for private functions. Whether it's a corporate event, a birthday or retirement party, or a holiday celebration, Sushi Gen will ensure your guests get a good meal to match their good time.

Sushi Gen cuisine can also be brought to you. A catered event can include any item from the dine-in menu, delivered hot or cold (as required) and fresh to your desired location.

Accessible, fresh, with a multitude of options—the menu at Sushi Gen reflects the growing, changing character of Downtown Winnipeg itself. Whatever you're hankering for, you can find it here.



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Food and goods. Purchasing from farmers and companies in your region offers many benefits

ASTRID
VAN DEN BROEK
For Metro

What does buying local mean? And how do you do it?

We asked Jed Goldberg, president of Toronto-based Earth Day Canada, to share with us the goods on buying

your food local.

WHAT IS BUYING LOCAL?

Buying local means purchasing food and goods produced by farmers and companies in your region.

"There are all different qualifiers as to what is your region — your region could

be Ontario for instance, or southern Ontario," he says. "It all depends on what your criteria are. But what it certainly couldn't be is the Western Hemisphere!"

WHY BUY LOCAL?

Aside from driving money back into your region's businesses, there are environmental factors to consider in considering buying local. When buying foods from overseas farmers, for example, there are environmental transportation costs and concerns that go into buying those goods.

"There's a good example right now in China cornering the market on garlic," notes Goldberg.

"They're now the No. 1 garlic producers in the world. So why would you buy garlic from China when you can buy it from Newmarket, Ont.? It doesn't make sense."

Goldberg adds that buying from producers abroad also means you often don't know what type of farm or production facility your food comes from. The farms, he notes, could be mass factory facilities that might not be as closely monitored in environmental or quality standards compared to a local producer.



Choosing to buy produce from local farmers means your food is usually fresher. JUPITERIMAGES/BANANA STOCK/THINKSTOCK

Buying local also affords you food that usually stays on the vines longer and is picked closer to selling time.

"So then it's usually going to be healthier, better tasting and more nutritious," Goldberg says.

"So you're paying for the freshness and the quality of the food when you're buying local, and not for the transportation, the packaging, the refrigeration and all of that."

HOW TO BUY LOCAL

To scout some local goods, visit your local farmers' market where you can purchase much more than in-season produce. (Many markets often include foods such as baked goods, cured meats, artisan crafts and even clothing.)

"Right now in Canada, the harvest season is coming so there's the greatest available selection of locally grown food in markets across the country," says Goldberg.

If you are shopping in stores, however, look for certifications such as the Local Food Plus (LFP) logo on

Local farmers' markets

• LE MARCHÉ ST. NORBERT FARMERS' MARKET:

Starting on Saturday and Wednesdays in June and running until the end of October, this market features some 180 vendors. (stnorbertfarmersmarket.ca).

• THE FORKS MARKET:

Open year-round at Winnipeg's well-known The Forks meeting place, this market is where specialty items and souvenirs meet fresh local foods. (theforks.com).

• WOLSELEY FARMERS' MARKET:

Running from June until November in the R.A Steen Community Centre in Wolseley, this late-day market runs Tuesdays and Thursdays from 4-8 p.m. (fmam.ca/wolseley-farmers-market).

ity and production standards. "If you see that logo, then it's produced by somebody close to where you live," notes Goldberg.



To scout some local goods, visit your local farmers' market where you can purchase much more than in-season produce. IT STOCK/POLKA DOT/THINKSTOCK

River Heights Farmers' Market

1 - 6 pm Friday afternoons
thru September 28th
Oak St. & Grosvenor Ave.

www.rhfarmersmarket.com

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For more information contact Vickie Banera 204-470-6233

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WEDNESDAYS
JUNE 6 - SEPTEMBER 26,
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Soccer

FIFA probe to be completed after bronze match

Canada players were cleared to start the bronze-medal match at the Olympic women's soccer tournament because a FIFA probe into their behaviour won't be completed before the game kicks off Thursday. FIFA is investigating "incidents that occurred" following Canada's 4-3 semifinals loss against the United States on Monday.

FIFA is investigating "incidents that occurred" following Canada's 4-3 semifinals loss against the United States on Monday. Canada players, including forward Christine Sinclair who scored all three of her team's goals, were openly critical of the Norwegian match referee.

However, FIFA said Wednesday that its disciplinary panel cannot prosecute the case before Canada plays France for bronze.

THE CANADIAN PRESS

Basketball

Kobe comes to life vs. Aussies

Kobe Bryant broke open a tight game with six three-pointers in the second half Wednesday night as the Americans advanced to the semifinals at the London Games with a 119-86 victory over Australia.

THE ASSOCIATED PRESS



Kobe Bryant in London on Wednesday night. GETTY IMAGES

Another awesome day on Eton Dorney

Canoe-kayak. Van Koeverden finds bright side in silver, Oldershaw buoyed by his bronze

Two friends with a ton of Olympic history made the canoe-kayak medal podium Wednesday.

Adam van Koeverden won silver in kayak, his fourth medal in three Olympics, in the K-1 1,000 metres. And training partner Mark Oldershaw, a third-generation Olympian, claimed canoe bronze in the C-1 1,000 metres.

Watching over both of them was proud coach Scott Oldershaw, Mark's father.

Van Koeverden, the reigning world champion, looked for the silver lining in silver. Oldershaw, who finished 10th in Beijing four years ago when nerves got the best of him, was bubbling over bronze.

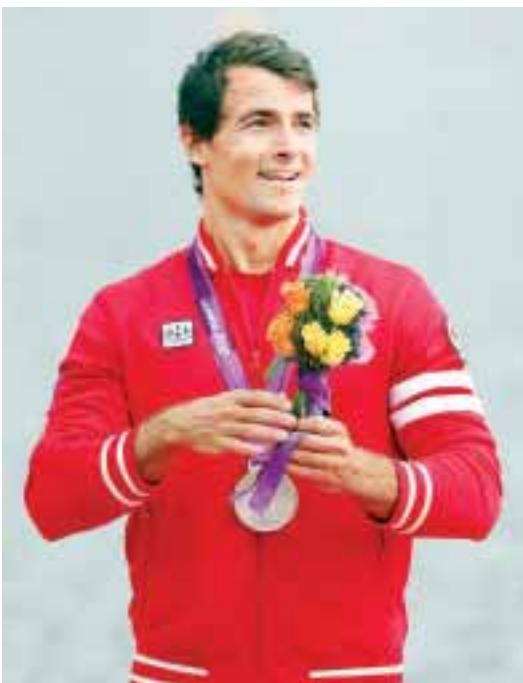
"(It feels) very heavy and it's awesome," a grinning Oldershaw said of the medal around his neck. "And I'm going to wear it for a while."

After a blazing start, van Koeverden lost gold to friend and longtime training partner Eirik Veras Larsen of Norway in the final stretch.

Larsen, 36, was the 2004 Olympic champion and 2008 silver medallist in the K-1 1,000. He also won bronze in the K-2 500 in Athens.

Van Koeverden won gold and bronze at the Athens Games in 2004 and a silver in Beijing. The gold and silver came in the 500 metres — which has since been replaced by a 200-metre race — and the bronze in the 1,000. He was eighth in the 1,000 in 2008.

The 30-year-old from Oakville, Ont., admits Beijing was a hard pill to swallow. He had



Adam Van Koeverden celebrates with his silver medal at Eton Dorney on Wednesday. JULIAN FINNEY/GETTY IMAGES



Mark Oldershaw reacts to his bronze medal finish on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Quoted

"This is one of the bronze medals that means almost as much as a gold."

Scott Oldershaw on his son Mark's medal. Grandfather Bert Oldershaw finished fifth at the 1948 Games in London and went on to compete at two more Games. Scott competed in Los Angeles in 1984, while uncles Dean (Munich, 1972) and Reed (Montreal, 1976) were also Olympians.

won a lot of races going into the 2008 Games and put a lot of pressure on himself.

But he has matured over the years. Any disappointment Wednesday was tempered by respect for his rivals and knowing that you can't win them all.

Still, van Koeverden showed his steely side when asked if he had come out too fast.

"I started the way I wanted to," he replied. "I was super-comfortable. Going through the 500 I had tons of energy. It's not a case of a screwed-up race plan, this is a case of one guy in the whole world being better than me. And I can live with that.

"Seven billion people, one guy's better. It's OK."

The two Canadians won their medals in vastly different fashions.

Van Koeverden rocketed out of the start and held the lead until Larsen ran him down as the finish approached.

Oldershaw was a full second out of fourth place with 250 metres remaining but powered his way onto the podium. The 29-year-old from Burlington, Ont., may have got silver had it not been for fast-charging David Cal Figueroa of Spain. Germany's Sebastian Brendel won gold.

THE CANADIAN PRESS

Huynh clinches bronze with a little luck



Carol Huynh grapples with Senegal's Isabelle Sambou on Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada's Carol Huynh won a bronze medal in freestyle wrestling at the London Olympics on Wednesday while teammate Martine Dugrenier came up just short in her bid to reach the podium.

Huynh, the 2008 Olympic champion, beat Isabelle Sambou of Senegal to finish third in the 48-kilogram category. The Calgary wrestler won tiebreaking clinches after each of the two scoreless rounds.

She said she was elated with the win.

"I didn't want it to end in two clinches but you know what, I'll take it," Huynh said. "I wanted that bronze medal."

About a half-hour later,

stuffed Dugrenier's attacking attempts and outscored her in both rounds.

There was very little ac-

tual wrestling in Huynh's last match as the grapplers spent most of the bout clutching and grabbing. After drawing the of-

fensive position in both clinches, Huynh scored early on both occasions to take the rounds.

"I wanted to do it with a bit more flair and take it to her, but it didn't really get going," said the 31-year-old Huynh. "I felt really lucky to get both clinches. I'm so happy to win another medal for Canada."

Huynh missed out on a chance to wrestle for gold at ExCeL London North Arena 2 when she lost to Japan's Hitomi Obara in the semifinals.

Huynh won gold at the Pan Am Games last fall and has reached the world championship podium on four occasions (one silver, three bronze).

THE CANADIAN PRESS

4
SPORTS

Mobile sports



Oxygen deprivation is part of life for synchronized swimmers. Canadian Marie-Pier Boureau-Gagnon and partner Elise Marcotte spend about half of their free duet program underwater. Scan the code for the story.

Whitfield broke collarbone in crash



Simon Whitfield before the swim portion of the men's triathlon on Tuesday.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Injuries. Two-time Olympic medallist also needed stitches in big toe, and hurt knees and shins in tumble

Simon Whitfield broke his collarbone when he crashed on his bike in Tuesday's Olympic triathlon.

The 37-year-old from Victoria said via Twitter that it's a "small break, not displaced."

Whitfield was forced to drop out of Tuesday's race after he crashed spectacularly in a freak accident early in

the bike leg.

In addition to the broken collarbone, Whitfield needed stitches in his big toe. He said his knees and shins were also banged up in the crash.

Whitfield, the Olympic champion in 2000 and silver medallist in 2008, was considered a medal longshot in London. He was Canada's flag-bearer at the opening ceremony.

Kayaker Adam van Koeverden, who won a silver medal Wednesday, said Whitfield had planned to come see him race but had to instead have an X-ray.

"I was crying (Tuesday)," van Koeverden said of watching the race. "I was allowing

Quoted

"He deserved more (Tuesday). He would have run with those guys, I'm certain."

Kayaker Adam van Koeverden on his friend, triathlete Simon Whitfield. Van Koeverden had high hopes for Whitfield's chances in the race.

myself to cry, because it was a healthy expression of emotions. I didn't really cry until I saw a picture of (daughter) Pippa and (wife) Jennie. Because I know them both really well and Jennie is the stalwart of that family. She holds everything down and

she does so much work.

"Simon's run, bike, swim and Jennie's like diapers, laundry, daycare, cooking."

A tear ran down van Koeverden's face as he was speaking.

Van Koeverden wanted to honour Whitfield, who had put van Koeverden's name on his handlebars, by putting the triathlete's name on his boat for the final.

"I didn't have a marker so I just wrote it with my finger on my (boat) deck," van Koeverden said at the canoe-kayak venue outside of Windsor. "And I thought, this one's for the Whitfield legacy."

THE CANADIAN PRESS

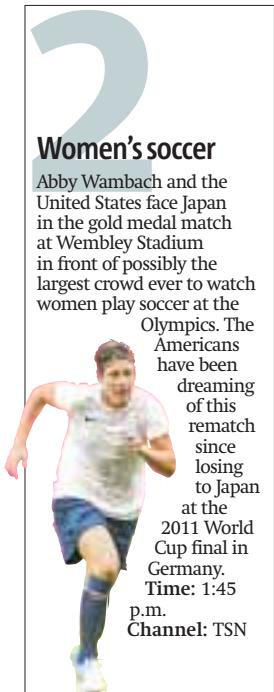
Thursday's 3 to watch



Women's wrestling

Tonya Verbeek of Thorold, Ont., won a silver in Athens in 2004 and a bronze in Beijing in 2008. She'll look to complete her medal collection as competition gets underway in the 55-kilogram category.

Time: 7:42 a.m.
Channel: Sportsnet



Women's soccer

Abby Wambach and the United States face Japan in the gold medal match at Wembley Stadium in front of possibly the largest crowd ever to watch women play soccer at the Olympics. The Americans have been dreaming of this rematch since losing to Japan at the 2011 World Cup final in Germany.

Time: 1:45 p.m.
Channel: TSN



Men's BMX

Troy Nyhaug of Coquitlam, B.C., finished 20th in the men's seeding run with a time of 39.515 seconds on Wednesday. He'll look to improve in the quarter-finals and finish strong in BMX's first-ever appearance at the Olympics.

Time: 9 a.m.
Channel: Sportsnet

Volleyball

Defending champs spiked out of London by Italy

The defending Olympic champion U.S. men's volleyball team was eliminated from the London Games with a straight-set quarter-final loss to Italy on Wednesday.

The fifth-ranked United

States struggled to defend Italian captain Cristian Savani, who had 19 points in the 28-26, 25-20, 25-20 victory for the sixth-ranked Italians.

U.S. setter Donald Suxho bent over with his hands on his knees and shook his head as Italy celebrated the win at Earls Court. And after congratulating the Italians, the Americans turned to applaud the many U.S. fans in

the crowd.

The United States won the gold medal in Beijing, upsetting favourite Brazil 3-1. It was their third gold in men's volleyball, which became an Olympic sport in 1964. Russia is the only other nation with three golds.

Italy has never won the Olympic gold, but the team has won silver twice, most recently at the 2004 Athens Games. THE ASSOCIATED PRESS

Day 12 results

MEDAL STANDINGS

216 of 302 total medal events				
Nation	G	S	B	Tot
United States	34	22	25	81
China	36	22	19	77
Russia	11	19	22	52
Britain	22	13	13	48
Germany	7	15	10	32
Japan	4	13	14	31
France	8	9	11	28
Australia	5	12	9	26
South Korea	12	7	6	25
Italy	7	6	4	17
Netherlands	5	4	6	15
Canada	1	4	9	14
Hungary	6	2	3	11
New Zealand	3	2	5	10
Bolivia	3	2	4	9
Ukraine	3	0	6	9
Spain	2	6	1	9
Romania	2	5	2	9
Denmark	2	4	3	9
Kazakhstan	6	0	2	8
Iran	4	3	1	8
Poland	2	1	5	8
Cuba	3	3	1	7
Sweden	1	3	3	7
Jamaica	2	2	2	6
Czech Republic	1	3	2	6
North Korea	4	0	1	5
Kenya	1	2	2	5
Colombia	0	3	2	5
Mexico	0	3	2	5
South Africa	3	1	0	4
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
Azerbaijan	0	2	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3
Armenia	0	1	2	3
Belgium	0	1	2	3
Mongolia	0	1	2	3

13:18:29.

Men's Javelin — Qualifying — Curtis Moss, New Westminster, B.C., finished 13th and failed to qualify with a distance of 78.22. **Women's 800m** — First Round Qualifying — Jessica Smith, North Vancouver, B.C., finished second in heat three and qualified with a time of 2:07.75. Melissa Bishop, Eganville, Ont., finished sixth in heat five and failed to qualify with a time of 2:09.33.

Women's 1500m — Semifinals — Hilary Stellingwerff, London, Ont., finished sixth in heat one and failed to qualify with a time of 4:05.57. Nicole Sifuentes, Winnipeg, finished 11th in heat two and failed to qualify with a time of 4:06.33.

Women's Hammer Throw — Qualifying — Sultan Frizzell, Perth, Ont., finished in 14th in group one with a distance of 67.45 and failed to qualify. Heather Steady, Lethbridge, Alta., finished 17th with a distance of 63.40 and failed to qualify in group two.

DECATHLON

Men's 100m — Damian Warner, London, Ont., finished in third with a time of 10.48 in heat three.

400m — Warner finished third in heat four with a time of 48.20.

Long Jump — Warner won group two with a distance of 7.54.

Shot Put — Warner finished 10th with a distance of 13.73.

High Jump — Warner won group two with a height of 2.05.

Cumulative Ranking — Warner sits in third place heading into the second day of competition with 4386 points.

CANOE-KAYAK

Men's Kayak Singles 1000m — A Final — Adam van Koeverden, Oakville, Ont., won a silver medal with a time of 3:27.170.

Men's Canoe Singles 1000m — A Final — Mark Oldershaw, Burlington, Ont., won a bronze medal with a time of 3:48.502.

Men's Kayak Doubles 1000m — B Final — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fourth with a time of 3:18.550.

Men's Kayak Doubles 1000m — B Final — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fourth with a time of 3:18.550.

CYCLING

Men's BMX — Troy Nyhaug, Coquitlam, B.C., is 20th heat one's seeding run. Nyhaug finished with a score of 39.515.

DIVING

Women's 10m Platform — Preliminary — Meaghan Benfeito, Montreal, finished 10th and qualified with a score of 325.50. Roseline Filion, Laval, Que., finished 17th and qualified

with a score of 314.85.

EQUESTRIAN

Individual Jumping — Ian Millar, Perth, Ont., and his horse Star Power finished in a tie for ninth (11.4; 7.4), 8.

SAILING

49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, finished in 17th (16.2).

WRESTLING

Women's Freestyle — 48Kg — Carol Huynh, Calgary, defeated Isabelle Sambo, Senegal, 1-0, 3-0. Points to win a bronze medal.

Women's Freestyle — 63Kg — Martine Dugrenier, Laval, Que., lost to Battsetseg Soronzobold, Mongolia, 2-0, 1-0, Points in the bronze medal match.

SOCER

WOMEN

BRONZE MEDAL MATCH

Thursday, Aug. 9

At Coventry, England

France vs. Canada, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9

At Wembley, England

Japan vs. United States, 2:45 p.m.

MEN

BRONZE MEDAL MATCH

Friday, Aug. 10

At Cardiff, Wales

Japan vs. South Korea, 2:45 p.m.

GOLD MEDAL MATCH

Saturday, Aug. 11

At Wembley, England

Mexico vs. Brazil, 10 a.m.

BASKETBALL

MEN

QUARTERFINALS

Wednesday, Aug. 8

Russia 83, Lithuania 74

Spain 66, France 59

Argentina 82, Brazil 77

United States 119, Australia 86

SEMI-FINALS

Friday, Aug. 10

Russia vs. Spain, Noon

Argentina vs. United States, 4 p.m.

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SWEAT SHACK

Decathlon

Canada's Warner in position for bronze through first five events

Damian Warner of London, Ont., sat third halfway through the men's decathlon. The final five events go Thursday.

"I feel great. I made it a goal to just come out and have fun and I knew the score would just come," Warner said Wednesday.

Americans Ashton Eaton and Trey Hardee sat in first and second respectively.

THE CANADIAN PRESS/
THE ASSOCIATED PRESS

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ATHLETICS

Men's 200m — Semifinals — Jared Connaughton, Charlottetown, P.E.I., finished seventh in heat one and failed to qualify with a time of 20.64. Aaron Brown, Toronto, finished fourth in heat two and failed to qualify with a time of 20.42.

Men's 5000m — First Round Qualifying — Cameron Levin, Black Creek, B.C., finished in eighth in heat two and qualified with a time of 3:18.550.

Men's Kayak Doubles 1000m — B Final — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fourth with a time of 3:18.550.

CYCLING

Men's BMX — Troy Nyhaug, Coquitlam, B.C., is 20th heat one's seeding run. Nyhaug finished with a score of 39.515.

DIVING

Women's 10m Platform — Preliminary — Meaghan Benfeito, Montreal, finished 10th and qualified with a score of 325.50. Roseline Filion, Laval, Que., finished 17th and qualified

Horoscopes

♈ Aries

March 21 - April 20

Make life easy for yourself today. Go with the flow and make the most of opportunities as and when they arrive. If you can do that then everything will be all right with your world.

♉ Taurus

April 21 - May 21

Today's cosmic alignment warns that if you have any doubts about what you are being asked to get involved with, it might be best to opt out. Your colleagues may not be happy but it's your happiness that counts.

♊ Gemini

May 22 - June 21

No matter how confident you may be of your own abilities, a lot still depends on other people, so don't take anything for granted. Make sure you can tell the difference between a calculated risk and a foolish one.

♋ Cancer

June 22 - July 23

You can sense changes are good for you and, as usual, your instincts are spot on. The readier you are to embrace the future, the quicker you will arrive at a place where your future is secure.

♌ Leo

July 24 - Aug. 23

A few words of encouragement from you could be all it takes to change a friend's day from a bad one into a great one. Maybe you don't realize it but your positive take on life is infectious — in a very good way.

♍ Virgo

Aug. 24 - Sept. 23

People know you can be a bit controversial at times but what you say today will antagonize a lot of people. Good. They need to be told that life is what it is, not what they wish it might be.

♎ Libra

Sept. 24 - Oct. 23

It's not true that every Libra is indecisive and you will go out of your way to prove it today. Something needs dealing with, something that you are best positioned to handle. Seize the initiative.

♏ Scorpio

Oct. 24 - Nov. 22

Just because some of the people you live and work with see things differently to you does not mean they are stupid — although it does not mean they are not either! Treat them and their opinions with respect today.

♐ Sagittarius

Nov. 23 - Dec. 21

Yes, you must stand up for your rights, but you also need to find ways to get along with other people, especially on the work front where no one will make progress unless you all progress together. Let them know that.

♑ Capricorn

Dec. 22 - Jan. 20

The planets indicate that the challenges you face over the next 24 hours are the final hurdles in your quest to do something important, so don't give up now. You are so close to the breakthrough you have been dreaming of.

♒ Aquarius

Jan. 21 - Feb. 19

People in positions of power have been watching you closely and like what they see, so expect an offer of some kind to come your way over the next few days. Take it before one of your rivals does.

♓ Pisces

Feb. 20 - March 20

It does not matter how hard the task you are about to undertake happens to be, you will make a resounding success of it.

SALLY BROMPTON

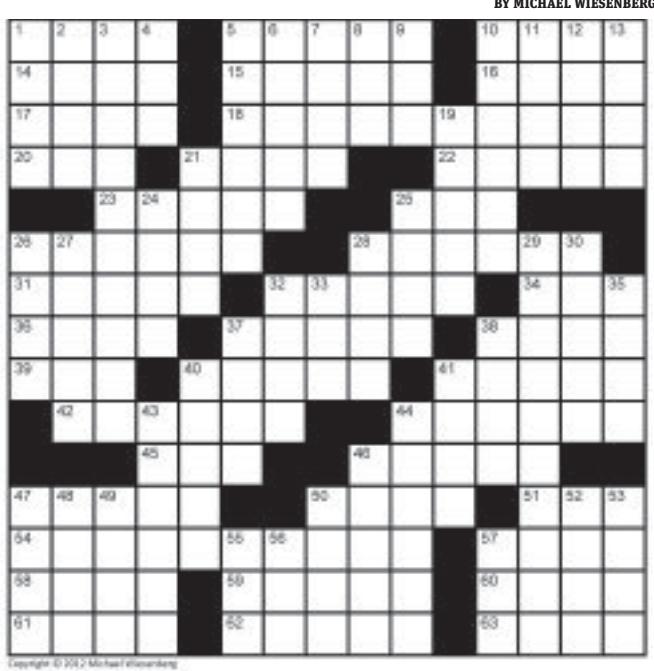
Crossword: Canadiana

Across

- Where to find Memphis: abbr.
- BC neighbor to the south
- Alder or aspen
- Persia, now
- Grass cutter
- Beneficiary of a will
- Underground digging workplace
- 55-Down animals (2 wds.)
- Beaufort ___: body of water north of 55-Down
- Easter entrees
- Empty, as an apartment
- Celebrities
- BMO competitor
- BC-born *Baywatch* babe Anderson
- Edmonton team
- By oneself
- Hat-trick number
- Fall mo.
- High tennis shots
- Clothing tag
- "As ___ as the driven snow"
- Grease* band ___ Na Na
- Flies alone
- Bread bun that's boiled and baked
- Circle in Canada's north
- McAdams: London, Ontario-born *Wedding Crashers* star
- Certain batteries
- Apple centre remover
- Call off, in NASA-speak
- Box office disaster
- Exchanged vow (2

Down

- Canada's quintessential coffee and donut place, familiarly
- A Great Lake
- Canadian ice cream cookie treat (2 wds.)
- SSW opposite
- African antelope or Chevrolet
- Unhappy ends
- Belt-hole makers
- "Isn't ___ bit like you and me?": Beatles (2 wds.)
- Canadian-born hockey great Bobby
- From that point on
- Actual
- Ireland
- Formerly
- BC-born pop singer Michael
- Excavation
- Animal lairs
- Manitoba's Louis ___
- Buddies
- Hawaiian greeting
- They come from 17-Across



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- Saskatchewan team member
- Cutting remark
- Newmarket, Ontario-born star Jim of *The Mask*
- US presidential candidate Mitt
- Canada's East or West
- Romeo: Italian sports car
- Lambs' laments

- "That hurt!"
- Book jacket blurbs, essentially, in short
- Broad lowland
- Rubber-stamp
- 42-Across site: abbr.
- Article that often comes before 57-Down
- Official Parliament opposition

Weather

TODAY

FRIDAY

SATURDAY



MAX: 25°
MIN: 13°



MAX: 26°
MIN: 13°



MAX: 25°
MIN: 10°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

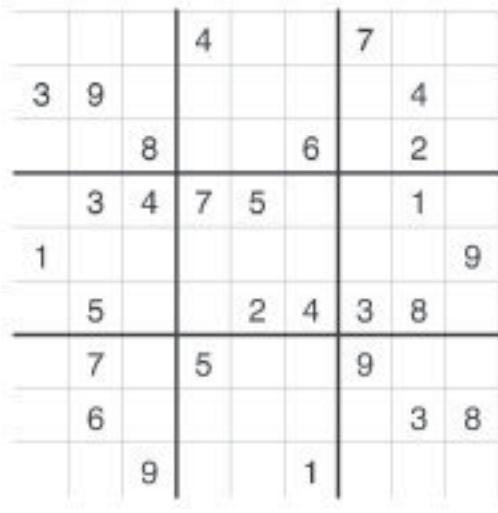


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



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A FAMILY-OWNED ALTERNATIVE TO THE HIGH COSTS OF WINNIPEG'S CORPORATE FUNERAL HOMES

In a world where big business can often be cold and impersonal, Richard and Louise Wojcik still believe in family. That means at Wojcik's Funeral Chapel you are treated as family by staff who maintain a tradition of providing old fashioned and personalized funeral services.

They are one of the few family owned funeral chapels left in Winnipeg. "Most of Winnipeg's funeral homes are now owned by large corporations whose loyalties belong to their shareholders," explains Wojcik's President, Richard Wojcik. His vision is to offer families a better, more intimate alternative.

Wojcik who was born and raised in Beausejour, began his career in funeral service at the age of 12 – washing cars, cutting grass and answering phones. After graduation he undertook a two-year apprenticeship from the Western School of Mortuary Practice in Winnipeg.

He then spent the next 11 years employed in various funeral chapels honing his skills.

While in Beausejour, Wojcik was a Firefighter with the Beausejour Brokenhead Fire Department and also a member of the Beausejour Ambulance Service.

Throughout Wojcik's almost 30 years of dedication to his profession, he had been employed at a number of this province's well-known funeral establishments.

Beginning his career at Russell's Funeral Home and Sobering Funeral Chapel in Beausejour, Wojcik's Winnipeg experience has included both international corporations and privately owned funeral homes - all prior to opening his own business.

October 13, 1998 - Opened first Chapel at 2157 Portage Avenue @ Sharp Blvd

August 16, 2003 - Opened own Crematorium at Headingley, Manitoba

April 1, 2008 - Opened 2nd Chapel at 1020 Main Street @ Manitoba Avenue

"We offer assistance 24 hours a day, seven days a week," he says. "We provide a service for all faiths and any beliefs, at any place of worship and cemetery in Winnipeg and rural Manitoba."

Wojcik's encourages people to compare prices and services so they can make an informed decision. They usually find that the smaller, privately owned funeral chapels offer a more personal service at a better price. There is no cost or obligation associated with a consultation.

Specializing In:

- Entombments
- Traditional Earth Burials
- Graveside Services
- Privately owned Crematorium
- Reception Services
- Cremation, Memorial & Inurnment Services
- Thoughtful Pre-Planning

Wojcik's

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www.wojciksfuneralchapel.com

People should also be aware that they are not obliged to use the funeral chapel located in the cemetery they are using. They are free to choose the company they feel most comfortable with. Even prearranged funeral plans can be cancelled or transferred to the funeral chapel of their choice.

Wojcik's Licensed Funeral Directors are professional, honest and sincere. They are all paid by salary as opposed to commissioned sales people who are under pressure to make sales. This kind of compassionate service is important when you think about all the decisions that have to be considered including arranging for a clergy, soloist, floral arrangements, catering, locations and the details of the service.

All this at a time when families are very emotional and are faced with making all the arrangements within just a few days.

"One call can take care of all the arrangements," says Wojcik. "Most people are not in a good frame of mind to be making so many difficult decisions. Our goal is to help them through the process and make it as easy as possible."

Wojcik suggests it can be helpful to bring someone along who is not as emotionally attached to the situation. Someone who can offer their support and guidance.

If you can, it is definitely a good idea to make your funeral arrangements ahead of time. It means you will get the kind of service you want and makes it much easier for your family because they don't have to struggle with the details at such a difficult time.



Photo courtesy of
Matthew Photography

Richard A. Wojcik, Louise, Rachel & Ryan